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Prophylaxis
of
Yellow fever & plague
~~1801~~
or of Eastern & Western plagues
deliv^d Jan^y 18. 1802

But

2

✓ The diet should be reduced, or raised according to the ^{quantity & force of} ~~degrees of exposure to the~~ miasmata, and to the degrees of ^{to which persons are exposed.} exercise. Mr Webster says most of those physicians who lived very low in the yellow fever of New York in 1798 died. This was owing to their using exercise, disproportioned to their diet. Mr Ellicot informed me of an important fact upon this subject. ~~late~~ During his long residence on the Mississippi on his public business, he and all those ^{his} ~~of~~ companions who lived temperately, were lightly affected by the ^{yellow fever} ~~fever~~ for two years, while four of the officers who attended him who lived plentifully, escaped the fever of the place, & enjoyed

I shall now add a few observations
upon the prophylaxis of this state of
fever. ^{the fever from exhalations}
^{different ones different years according}
^{to force of the disease weatherable.} the means for this pur-
pose are

1 Low ^{or generous diet according to the grade of the fever. The} ^{former} ~~chick~~ ^{should} consisting chiefly of vegeta-
bles. A little salted meat which sup-
ports the strength, without making
much blood, may be taken with
them. ^{fact at Georgetown of Rome. Catholics eat salt fish} Mr Bruce says pepper may
be taken in large quantities with
vegetables. It acts upon the sto-
mach without exciting the blood
vessels, & thus prevents its being acted
upon by the miasmata of ^{the} fever. ✓

perfect health. On the 3rd year Mr
Ellicot & his Abstemious companions
escaped ^{an attack of} the fever, but ^{was} this not the
happy lot of ~~the~~ his four officers.
They all ~~at~~ took the fever & died. This
fact shews the balance to be in favor
of temperance. Altho its good effects
may not be obvious the 1st & 2nd years
it is tried.

The ^{first} negroes in South Carolina escape
who live wholly on vegetables escape the
humoral fevers of that state. The Bramins
escape the bilious fevers of India while the
^{who eat animal food} Europeans die in regiments around them.

~~The debility~~ This diet acts in two ways 1st
depletion, 2nd by ^{gradually} inducing debility which renders
the system vibratile to the ~~mis~~ impression of
the miasmata: Thus the willow bends to
the wind, while the oak is torn up by the roots.

2 Keeping the bowels gently open.

✓ This may be done by chewing Rhubarb

-bark, or by any other purging physic.
It prevented Dysentery in flying Camp, & Westward. Timley

3 Continuing habitual occupations
unless they expose to great heat.

In this case, exercise must be
substituted to them. Fatigue does
not predispose to this fever in per-
sons who are accustomed to it,
provided it is brought on by habitual
labor; - but fatigue from a new
employment is always unsafe.

Eg: a Carpenter, may work without
much danger at his trade from
sunrise to sun set; but, he will

+ from p 5

4
women escape yellow fever more than
men because they possess more yielding
or vibratile solids. Diet to be effectual
should be submitted to gradually
in order to expend excitability.

When submitted to suddenly, it
often induces predisposes to disease.

+ One reason why Creoles escape the yellow
fever is because the climate imports to the
system a femininity by wearing it - in other
words it emasculates the system.

+ They are moreover more temperate than
men, hence less exposed to the fever - hence
Dr Hunter says their lives are twice as
good as the men in Jamaica.

6
cure the disease by rowing a boat
for two or three hours. —

4 Keeping up a constant perspiration
or rather sweat by ^{flannel} warm cloathing
next to the skin, & by warm bed
& clothes. I never heard of a single
person taking the Yellow fever who
carefully attended to this precaution.

It is a constant and gradual mode
of depletion. ^{It is a discharge of the first impurity.} It is equally effectual
in preventing the plague. So true
is this remark that Mr Wolney says
the common salutation in Egypt
during the prevalence of the plague
is — not "how do you do," — but

moderate

5 V_n U_lut prevents the fever. In favor
of this practice are the authorities of Dr
Mitchell of Virginia - Dr. Hishoborn, &
the physicians of St Domingo. —

^{where}
do sweat freely! ✓ 7

5 The smell of fresh Earth has often preserved from this Disease. Very few of the men who were employed in digging Cellars, or churning the Streets of Philad^a took the fever in 1793. ^{as a protection} Earthen floors to houses ~~prevent~~ from the plague, as well as the yellow fever. —

6 The warm Bath has often preserved persons from this disease.

7 ~~Exposure to the exhalation of tanpitto~~
also to the vol: odor from the manufactory of Sal Armoniac: preserved all the people ^{who} ~~from~~ lived in them

✓ Smoke has had the same effect
According to Mr Bruce & Dr Clark.

But there are many other odors which prevent
pestilential diseases. The smell of tar defended
✓ the shipwrights from the last London plague.

The use of leather bottles made impervious
by tar Van Swieten says - prevented the plague
in some Spaniards who as drank this
different liquors from them. ~~but~~ ^{we read in} ~~was~~ ^{even}

~~pestilential odors~~ are an obnoxious cause of a plague
in Italy being checked by killing all the cats
& dogs of the place & suffering them to putrefy
in the streets. ^{all} These odors seem to act in one
of 3 ways. 1 Creating a counter action in the
system by this stimulus upon the ~~the~~ nose. 2
saturating the atmosphere, so as to prevent
its retaining pestilential exhalations, or 3
destroying them by means of a chemical
mixture. ^{✓ The Island of Tenedos in I}
^{was healthy while clover grew there but sickly when cut}
^{down.}

Neighborhood in the year 1798.

There was not single person who used
the plentiful use of Garlic in diet.

has been or otherwise in Philad.

in 1793 who was affected by the fever of

1792 of that year. It is to be lamented

that this excellent vegetable affects the

breath with so disagreeable a smell. I

have been puzzled to find out the reason

why the Author of this nature who

has endowed ^{this vegetable} it with so many excellent

qualities ^{for} as diet & medicine, should

have stamped upon it such a

disagreeable smell. Perhaps the reason

kindly to force ^{its use} it into

was ~~that~~ ^{rise,} ~~no~~ ^{it might be}

universal, for it is unworkable
that the smell of it is insupportable

✓ The Pyramids of Egypt & pyris
 Wm Temple were built by garlic.

That is the garlic was the principal
 part of the diet of the men who
 ✓ built them. It was ~~one of the~~
^{which supported}
 diet of the Children of Israel beneath
^{enough}
 the labors of which they underwent
 in Egypt, & so agreeable did it become
 to them from habit, that they languished
 for it while they were rioting upon
 Quails & manna in the wilderness.

Garlic was ^{part of} the food of the Romans
 in the time of Flavius. Hence the
 words of Horace "O! dura meponum illia".
 & again of Virgil.

"Thyrsus et rapido, fepis meponibus oste,
 allia, & Serpyllumque herbas, contudit
 olentes."

to those use it. It is appears to be that
cordial in diet, ~~and the for which~~ and
that restorer from ^{the} fatigue ^{of labor} ^{ch} for w:
opium - Ardent spirits & Tobacco are
but feeble ^{& unsafe} substitutes. Nay more - it
appears to be that preservative
from disease, ~~for~~ for which most
of the articles of the materia medica ^{(in the present manner}
^{of using them)} are less certain remedies. V

9 I have Two persons who took a
table spoonful of Sweet Oil every
morning escaped the fever of 1798
in Philad^a. The ^{malice} Stomach is perhaps
primarily affected by the miasmata
of this fever. The Oil either protects
it mechanically, or destroys it by

Diff^r of local situⁿ: as to hills -
Schedule Sea Coast & salt & fresh water
 greatly alter disea in fall.

Summer, &

On ^{Summer &} diseases of Autumn in the U.S. ^{Colo.}

different grades from iron ^{rich} to water

I name them $\frac{1}{3}$ or $\frac{3}{4}$ of all $\frac{1}{4}$ year
non into each other. or to lastly distributed by ^{Albion} ~~disposal~~ only #

Thier Carves - satisfaction
Hills from them - from elevated abating views from distance. or
Business water, drinks. Labeled Air - as in Winter
Vol. 3 p. 240, Philad - perhaps from earth - certain

281.
Low ground After earthquakes; but chiefly putrefaction
occurs in those winters from
w. with in America - discards known vegetable matter. The diseases of the
water. -- They follow clearing first disapp. after delin.

bowels first - then appear - Anticipate
know from west Indies & Egypt - same - Van Swieten.
07 never near - 180 - Vol. II
applied by those story of - General as they affect
Communities. Removing filth - by
in Africa (a) 123
true - Probly

as in Africa (Vol. II) -
1 Conflux of water see 2 by exsiccation, or
Ambrose Bay; meadow ground Aprigithare -
dilution - clearing ^{land} prairie - flow of Oxford
credit - London now ripe? p. 122 # Vol. III.

all over
Holland &c. Nottingham as in diseases of
my friend's fact. pneumonias & influenza
I have said nothing of Quarantine
Local University 123 + Vol. 11.

2 conjectures as to Individuals 180.
but first premises - p: 162 & 179 vol: II
≠ not often - after plentiful years. Museum. Vol. III. p: 297.

headach in nocently & nothing at - before yellow fever
precursor of malarious fevers - disappearance of
sa path. vol. 4 of Luesne p. 100 - Disappearance of
birds - flies - mosquitoes - yellow color - abortions - state of
fruit - vegetables - birds from new quarters - no wind - all
all of plague from Bay? vol. 4 of path. - uncommon health
before yellow fever - from something suspending weak diaries.
was in 1782 peculiar things belonging to old people &

strangers to be attended to from Path. vol. 4

40 p. 121 vol. 11

Absence of fear - no -

Certain nostrums - Camphor -

moore's gas - no - in frost -

Tobacco, - fine I think fine thought? no

reliance on them. Quarantines - (could)

up who as whole vitals would hear I would say

abstinence from should they attack - what Remedies -
fruit. vol. 1 - see still who gives it.

watch nature - Rest - gentle physic & in

its forming states &c. In this way disease

may be prevented. { Signs of predisposition - 1 Costive -
2 Wine burning 3 fatigued
4 from light causes - 4 dyspepsia
5 fatigued hands - 5 fainting

Here I intended to have closed my Oration

- But I fear I hear a public & timid
voice say - that he has said nothing
of Quarantines -

Time use full
see ms. Qu. to letter

Sea Air - no diseases & Deaths 16 months -
22 men no Death - India Climate.

22 men no death - India climate.
 In concluding In reviewing the ~~causes~~ ^{means of}
~~preventing~~ ^{preventing} ~~diseases~~ ^{diseases}, and the numerous
 testimonies of ^{its} efficacy, we sh^d be led to con-
 -gratulate ~~ourselves~~ ^{to exist in} upon it - But there
 was a time when I ^{did so} ~~thought so~~ - but that time
 is ^{now} ~~plain~~ ^{obvious} fact - ~~plain~~ ^{to reason} as evidences are of truth

of our Ant Disease is - One form ^{its work} of it is
 dreaded a fatal disease from foreign countries.

— While these ^{Hypotheses} ~~theories~~ prevail, for ever there
no town, or country sickly, from fruit cold &c —
of ~~the~~ none of the facts w^h I have ment^d
any before in coll^y.

will have any height. — Pandora. box
— I believe they will be in vain.
will still be open — our countries will still

be sickly - The pleasant season damped by
death &c - & our cities grown y^e lowly

police will still be the theatres of pestilence
Pestilence will still accompany her troops of famine
& death. — Among these I fancy I see Philistines
~~now~~ preminent in misery & distress — our
citizens seem destined to sleep in beds of

V also setting the body, &c

mixture. The fat of pork protects
 the men who work in the lead
 mines ^{in England} from the disease which
 that metal is so apt to bring on
 the bowels & nervous system. a
 ✓ poisoned arrow will not injure
 a hog if it be arrested by the
 fat which lines his sides. the
 strongest acids are blunted by oily sub-
 -stances. —

10 Washing the body every morning
 ✓ & evening with salt water has
 often preserved from this fever.
 Moses Bartram's fact. ✓

11 Anointing the body with palm
 Oil it is said preserves the natives

✓ Lind says a Clergyman in Holderness informed him that all those farmers who rose ~~early~~ and went out early to work were short lived. ^{On the contrary} ~~too~~ midday wives, who ^{so much in the middle of the} from going out at night have been called mother midnights, are generally healthy & long lived. This difference between the morning, and ~~the~~ evening, and ~~any~~ midnight air deserves attention. Perhaps more facts may be discovered of which may throw I recommend the subject to further observation. —

of Africa from the fumes which are
generated on the rivers of this
country. ^{no} Oil man died of the plague in 4
years in Egypt in ^{ch} 100,000 people. Baldwin.

12 ~~of~~ 25 watchmen ~~but~~ who
exercised their Offices during the fumes
of 1793 but 3 or 4 died. was this owing
✓ to the ^{greater} ~~decreased~~ purity
of the midnight air?
for they never enter upon duty till
all the miasmata are deposited
on the earth, & so they return home
before the fume begins to ^{act upon} ~~exalt~~
them so as to raise them in
the atmosphere. ✓ The fact however
explained, deserves attention. *

13 ~~The~~ ~~Seignior~~ Ulloa in his travels
✓ thro' Cuba, says that the Spaniards

31 the smell of tar. Shipwrights escaped
the great plague of London. The ^{water} tar bottles
of the Spaniards kept them from plague.
Vandervieten. 38
vol. 16.

32 Tobacco used with success by
Dienisbroek. Dⁿ 39.

Varro in his treatise upon Agriculture
mentions a curious fact upon the means of
preventing pestilential diseases. His name like
Varro a Roman general ~~was~~ was exposed
with a large fleet & army in at Corcyra to a malig-
nant fever. He discovered the cause of the miasmata
which produced it to be from the south, & in consequence
of which he fastened up all the southern windows &
doors of the houses in which his troops were quartered
& opened new ones to the north, by which means
he preserved his troops from the fever & while it
prevailed in all the other houses of the neighbour-
hood. ——— Mr Howard advises doors & windows
to be kept open only during the shining of the sun.

I have thus great: delivered to you the result of
all my reading - observations & reflexions upon
fevers from exhalations. When you consider
how great a proportion they constitute of all
the fevers we meet with in common practice,
(amounting probably to $\frac{1}{5}$ in this country),
^{more especially} when we include in them besides the 6 an-
-thermal forms of fever - the different forms
of intestinal fevers such as Colic - Cholera morbus,
Dysentery & Diarrhea, - you will not I hope
complain of the extensive view I have taken
of them. There was a time ~~once~~ when I
believed the malignant forms of these
diseases ~~would~~ ^{soon} cease to be the objects
of ~~medi~~ the Attention of a physician - for
I could not conceive it possible that
our Citizens could be resist the power-
-ful ~~argu~~ ^{argu} facts & arguments which have
been laid before to ~~the~~ ^{show} them to

more that those mortal forms of fever
were of domestic origin, & of course that
they would immediately remove the
causes of them. But Gent: I have found
old errors to be more powerful than
new truths, ^{upon this subject,} and I have for some time
past, ceased to ^{publicly} combat them ~~publicly~~.
The grave has ^{in truth} smiled at the efforts of science to ^{open}
~~upon the subject of the yellow fever.~~
^{the rumour of its prey.}
To such gentlemen as wish to see the profession
of medicine, still a popular & lucrative business,
this acknowledgement cannot fail of affording
~~some~~ consolation, especially when they
connect with it the growing prejudices against
^{many of our best} ~~the~~ ^{the} ~~only~~ powerful and successful remedies
in the materia medica. The more certainly,
and speedily we cure a disease, the less the
compensation we receive for it, - but the
more we suffer ~~diseases~~ acute diseases to protract
themselves into chronic ones by neglecting to

prevent them in their forming state, or to ~~undo~~
cure them in a few days, the ~~same~~ greater
will be the emoluments of our profession. —

Persuade therefore Gent: in ² Studies — anticipate
wealth and independence from your business —
— Perpetuate your profession in your families,
for — the present state of public opinion
among both physicians & legislators, Autho-
-rites us to believe ^{that plague pestilence will} ~~fulness of every kind from~~
~~keep pace with war and tyranny~~ continue
to be the punishment of ignorance & vice
in our country, ^{& a source of emolument to physicians,} perhaps for centuries to
come. —

15 all exciting causes should be carefully avoided, such as cold, heat, fatigue,

✓ Intemperance in eating & drinking & ^{or sudden} levery - also ~~passions~~ great emotions and passions of the mind. new Aliment of any kind should be tasted cautiously. ~~Remember the fact of mushrooms & French Salad.~~
The stomach is shy of new Acquaintances.

✓ It is of the more consequence to attend to this direction, as the disease is seldom produced, without the concurrence of an exciting cause.

✓ I have not found a single instance ^{many} of Tobacco preventing the disease. ~~Perhaps~~ People who used it in every way had the fever in 1793. Perhaps it would be more effectual in persons not accustomed to it. Dinner brook furnishes a solitary exception.

when a little wetted, plunge into a river, ~~and~~ whereby they avoid taking the fever of that Island. ^{The Africans do the same thing.} Now

Does the shell we explain this fact?

- Does the light wetting ^{attract} retain the miasmata, & does the plunging into the water, wash them from the body, ^{case,} or does the cold water in the latter ~~act~~ produce such a reaction in the system as to fortify it against the impressions of the

miasmata. ^{Dr Christman says the negroes at Demerara escape the yellow fever from being constantly washed. Carriers at Quip}

14 Dr Gallager opened a Mister air his room which he kept running during the fever of 1799, and He supposed he it protected him from the yellow fever. Dr Beach was protected from the bilious fever by a lotion in his side.

These out of face out of the
The opinion does not as is right

If importⁿ - true - my facts fall - not theory -
- It like Indian rising of the globe on tortoise.
Did & vol. matters - Destroy by mixture,
before given?

Pyramids of error ~~survives~~ & oceans
of misery must be dried up by this discovery
greater benefits to mankind than
ending of wars.

a description of nations
+ the works of nations & the
pages must fall before it, &
oceans of misery must be dried

by it - for
one million of misery must be dried

but: one million of misery must be dried
The opinion does not as is right

- of both are ships
 1 Remoral - immersion & land - immersion
 2 Pruning - digging holes - or coming
 with live grafts.
 3 Destroying ~~insect~~ ^{avoiding} ~~insects~~ ^{insects}
 4 Pruning - London & ^{the} water.
 5 Pruning ^{insects} from Rivers &
 6 Pruning ^{insects} from Rivers &
 Pruning ^{insects} from Rivers &
 Pruning ^{insects} from Rivers &
 Pruning ^{insects} from Rivers &

RH
 1

uncult. Deserts
 no quarantine -
 populat. increased -

To believe it to be possible is
 to reject the dictates of reason
 & the evidence of the senses,
 & to yield oneself up to the
 inf. of an indolent faith.
 The magnificent word
 sub. import to the fatal
 of The French. To

15
+ He adds that he was called to attend the
Labourers at the Onondaga Salt Spring in
York State, & that out of 100 but two
escaped the bilious fever. One of these
two had a running sore on his leg, the
other a scald head. The discharge from these
sores & his issue were more copious at
the time the fever prevailed, than at any
other.

James Stevens letter to Dr Barton

Jan^y 12. 1801.

16 Living in the upper story of a house preserved
from the yellow fever of St Lucia. Chisholm.
Birds die in the first & survive in an upper
story during the prevalence of mortal epidemics.
17 a whole parish where a quantity of
brusier grew escaped a malignant fever
about ~~during~~ the time of the restoration. It is said
when burnt to prevent the small pox.
18 Those Russians who took ~~of~~ ^{escaped a} ~~an~~ ^{an}
malignant fever which prevailed on board a
Russian ship at Plymouth in 1771.

15. There is ~~an~~^a more prophylactic
 remedy against this disease, and
 which I shall not recommend to
 you, & that is Drunkenness. Two
 persons, & one of them a physician,
 who were constantly exposed to the
 miasmata of the
 yellow fever in 1793 were preserved
 from it by being constantly in a
 state of intoxication. Should any
 of you incline to adopt this preven-
 -tive, let me charge you to avoid
 above all things
 being Sober for a single hour. The
 - Death sickness, & Death are inevita-
 -ble in where as the shortest interval
 takes place between ^{the stimulus of} intoxication

- The same medicine preserved a man above
30 years at Batavia where one half the
new comers die the year after their arrival.
The γ is taken in these cases till it affects
✓ the breath or is felt in the gums. I ordered
to Whittington's family to prevent the
sore throat in Jan^y 1802. —

20 great water drinkers have sometimes
escaped this disease. taking γ in small
quantities. Tristram's fact.

~~21 we read of in Ambrose Parry of a
great plague in Italy being checked by
throwing all the dead dogs cats &c into
the street where their odor corrected the
the factor of the goat Disposes do the same in Spain. plague rare in Spain.
exhaled & w^{as} produced the disease. perhaps
saturated the air - or destroyed miasma exhal^d by China attraction.~~

22 An earthquake once checked the plague,
at Oesahow. Had no effect on the diseases of Barbadoes.
Hillary

23 The gas discharged during a vitriol
✓ from fermenting wine it is said by Van Swieten
once stopped a plague at Moselle Vienna.
24 Taking a piece of salt water & of salts

Run to the grade of intoxication
^{the} and perfect use of the senses, and
limbs. —

^{means}
The ~~Remedia~~ for preventing the
common bilious & intermitting fevers
are nearly the same as for preventing
the yellow fever. The diet only should
be different. It may be generous,
so as to grasp in its stimulus
the ⁱⁿevitable of the disease. This
cannot be the case ~~(except the~~
~~diet be intemperate)~~ when we wish
to prevent the yellow fever - for
the stimulus here transcends ~~the~~
any diet that does not rise to glutting
or intoxication.

^{Dr Gregory has used to tell}
^{go to jail every 3}
his pupils out of 25 English students who were at Leyden
with him but one person had an intermitting fever which was
quarantine - he drank water only.

prevalent Dysentery in the Camp in West
County. Wm Lindley.

25 Catholics escaped Dysentery in the neighbourhood
of Chester town in 1801 - the ~~former~~ While
Protestants had it - owing to the former
living upon Salted fish during the summer
& autumn.

26 Living in upper stories of houses protected
from the yellow fever at ^{see 30} Lucia, Chisholm.
Vol. II. p. 138

It is said that Birds live in upper & die in
the lower stories of houses during the prevalence
of plagues. windows open only when the sun is up.

27 not fasting too long or often. Catholics
for this reason more subject to plague
than Protestants. Howard.
Keeping fires constantly in richly season the houses warm.

28 Persons who live near gardens & vineyards
in Minorca, and live eat freely of figs & grapes
escape the autumnal fevers. Cleghorn p 195
great fires harmful. Spread plagues. Vard.

29 great heat in Vaniswieten Vol. 5. 228 sequel de

30 Rest - shutting up acts in this way. Obviation.

existing causes. 222 want of business is in Philad^a in 1802